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MEDICAL HACKS

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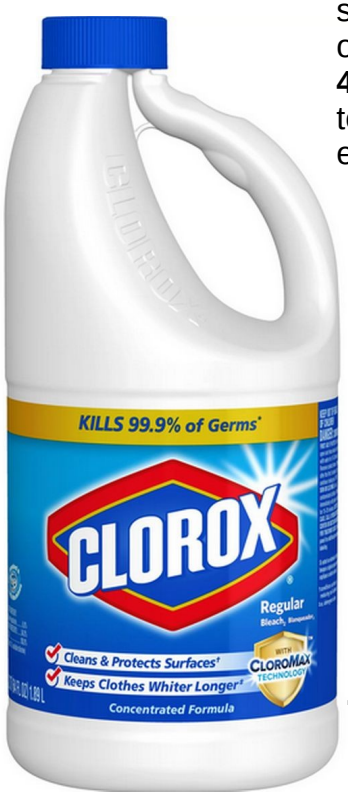
TRUSTED SOURCES AND YOUR GP/DOCTOR



This is a common laundry bleach bottle, with bleach stable surfactant, sodium hydroxide, and other additives. At approximately **4% chlorine**, this product is safe to handle at small accidental exposures.

4%) 0.0004% 4ppm 0.1ml/L
5ml per 46L, 10ml per 93L, 19ml per 185L
Mimic a swimming pool

4%) 0.0050% 50ppm 1.26ml/L 10min
6ml per 4.8L, 10ml per 8L, 58ml per 46L, 115ml per 93L, 230ml per 185L
12 times a swimming pool

Medical Bleach Bath

Since 1732 in Paris, bleach was used to treat burns, wounds, and ulcers. If you have visible skin disease, you will not be allowed to enter a public swimming pool. At low dosage, bleach baths help sanitize bacteria and skin diseases, over **multiple 10 minute sessions**. Shower with fresh water and soap to get rid of the chlorine. Do not mix chlorine with cosmetics, or any other chemical. **Be in a well ventilated enclosure.**

68%) 0.0004% 4ppm 5mg/L
25mg per 4.25L, 50mg per 8.5L, 270mg per 46L, 550mg per 93L, 1g per 185L
Mimic a swimming pool

68%) 0.0050% 50ppm 76mg/L 10min
313mg per 4.25L, 625mg per 8.5L, 3.5g per 46L, 7g per 93L, 13.5g per 185L
12 times a swimming pool

This is a typical chlorine salt powder product, calcium hypo-chlorite, **at 68% chlorine.** These are used to maintain swimming pools. This brand is Shockwave, and can be bought from a local hardware store or pool shop. This 68% concentrated salt, **is dangerous to touch** and will melt metals, crack pvc plastics, and melt your skin. Use a plastic spoon, ideally with plastic code PE 1, or HDPE 2.

Lower dosages should be used if you have uncomfortable skin irritation. Higher dosages should be used if you have skin diseases.

Pests

It is not normal to see household pests. Any mosquitoes, cockroaches, etc, is a sign that **there is some cleaning that needs to be done.** Cockroaches can survive without food for many months, **if there is a constant supply of water**. Remove all moisture, and bodies of water. Spray a jet of bleach to the side walls of all drain pipes and let it soak overnight. Repeat every night until the pipe whitens. Do not keep a sink full of water overnight. Stagnant water can be disinfected by estimating 0.05% chlorine. **Pests are attracted to** scum, bacteria, dirt, mold, and stagnant water. **This technique is a hospital standard,** and a first world household standard. Do not live with unprofessional people with lazy attitudes. Make other people rich by paying for pest control, if you are too lazy to clean.

Large Moisture Absorber

Slowly pulls moisture from the air over time. A chemical dehumidifier, usually used for basements, laundries, or any area that is constantly moist. Buy from a local hardware store.

Small Moisture Absorber

Small volume dehumidifier. Ideal for the refrigerator, toiletry bags, dental bags, medical bags, or anything that is likely to be moist when placed in an enclosed container. Buy from a local hardware store.

FREELOADER